



Ready to add more joy and fulfillment to your life? Join our webinar on positive psychology to enhance your happiness, engagement at work, and overall joy. Discover the science behind what makes life worth living and learn proven techniques to cultivate happiness in both your personal and professional life.

During this webinar, we will explore:

- Positive psychology and happiness.
- The building blocks of happiness.
- How to identify your unique sources of joy.
- How to create an action plan for cultivating joy.
- A guided exercise to help you identify your unique sources of joy.

OUR HOST



Doreen Davis
SVP, Vitality and Wellbeing Solutions, Atlantic Region,
NFP

OUR PRESENTER



Kate Sortino
Global Director of Meditation and Yoga
Therapeutics, [Culture of Fit](#)

Kate has over 15 years of experience as a Yoga, Meditation, and Pilates teacher, with certifications from Yoga High and Equinox. She has taught at various NYC studios, fitness clubs, and corporate wellness programs since 2010. Kate is also certified in prenatal yoga, Yoga for Depression, Anxiety, and Addiction, Trauma-Informed Yoga, and Thai Yoga Massage. As the Global Director of Meditation and Yoga Therapeutics at Culture of Fit since 2019, she curates wellness programs and leads trainings worldwide.

VIRTUAL WEBINAR BRINGING JOY TO YOUR WORLD

WHEN

Tuesday, May 13, 2025
Noon – 1:00 p.m. ET

HOW TO REGISTER

Visit go.nfp.com/joy_to_your_world



WHO CAN ATTEND

This free session is open to all NFP clients and their employees, as well as NFP employees. It will be recorded and available to all registrants.

QUESTIONS?

Email NFP's Atlantic Region Vitality & Wellbeing Solutions team at NFPAtlanticwellbeing@nfp.com.